

OLIVE OIL RECIPES FROM ISTANBUL



Olive Oil Recipes from Istanbul

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Stuffed Grape Leaves

2 cups rice (plump kind)
1½ lb. onions cubed small (two medium to large)
½ lb. tomatoes cubed (1 medium)
⅔ cup olive oil
3 tbsp. pine nuts
3 tbsp. black currants
½ tsp. sugar
2½ tbsp. dry mint
4 cups water
3 slices of lemon
1 small jar grape leaves (about 60 leaves)

Take grape leaves out of the jar and wash with warm water 3 times. Then put in a bowl and pour boiling water over them. Let stand while you prepare the stuffing. Put olive oil, pine nuts and onions in a pot four or five quarts to cook rice. Fry nuts until they turn light pink on a medium to low heat stirring about 20 minutes. Add rice and continue to fry for four to five minutes more stirring. Add tomatoes and continue frying until until they soften. Then add currants, mint, sugar, salt and two cups of water. Stir once, bring to a gentle boil, cover and cook on low heat until water is absorbed. Turn off heat. Let stand 30 minutes. Gently squeeze water off the grape leaves. Separate the leaves putting torn and tough ones aside. Cut the stems and put some at the bottom of the pot you are going to cook stuffed leaves. Having the shiny side outside, stuff the leaves with a table spoonful of stuffing (more or less according to the size of the leaves). Arrange them side by side and in layers in the pot. Put lemon slices on top and cover with the torn and tough leaves you saved. Put a big enough plate over them. Add remaining two cups of water. Cover and bring to a

gentle boil and cook over medium to low heat until all water is absorbed. Watch for the slight burning sound to avoid burning. Then turn off the heat and let stand covered until your stuffed grape leaves cool. Take the leaves and lemon slices and discard. Arrange stuffed grape leaves on a plate or bowl with cover. Decorate with a few thin slices of lemon, serve at room temperature.

Green Beans in Olive Oil

2 lb. Green Beans washed

$\frac{1}{2}$ lb. onion

9 tbsp. olive oil

2 cloves garlic

$\frac{1}{2}$ tsp. sugar

$\frac{3}{4}$ cup water

Cut both ends of beans. If beans are too long cut in half. Thickly slice tomatoes. Peel garlic cloves and cut into four. Saute onions and tomatoes in olive oil for 3-4 minutes. Add beans, salt, garlic and sugar; saute until beans turn bright green. Add water, bring to boil and cook over medium to low heat until beans are soft. About an hour or a little more. Serve cold. Six servings.

Fresh Fava Beans in Olive Oil

3 lb. fresh Fava Beans in shell (choose tender ones)
7 tbsp. olive oil
 $\frac{3}{4}$ tbsp. salt
 $\frac{1}{2}$ tsp. sugar
12 green onions cut 1" long including tender green parts
12 stems dill cut 1" long including tender parts of stems, save some leaves for decoration
3 tbsp. flour in one gallon of cold water.

Wash fava beans. Pull the strings at the sides or shave with sharp knife. Cut both ends. If some of the shells feel too tough, take only the beans. Put them in floured water as you do this. Put fava beans, onions, dill, salt and sugar in a pot. Pour olive oil, 1 cup water and $\frac{1}{2}$ cup floured water over them. Bring to boil and cook over medium to low heat until tender. Add dill leaves you have saved and pour into a bowl. Serve cold with garlic yogurt if you like. 8 Servings.

Fresh Pinto Beans in Olive Oil

1½ lb. shelled fresh pinto beans (about 2½ lb. with shell)

8 tbsp. olive oil

½ lb. onion (1 medium) diced

½ lb. tomato (1 medium) diced large

Half of each red and green bell pepper cut in ½" strips

1 tsp. salt

¼ tsp. sugar

A handful of parsley leaves to decorate

Water to cover 1½" over

Put everything except pinto beans, parsley and water in a large enough pot. Cook about 5-7 minutes until tomatoes give color to the mixture. Add pinto beans and water. Bring to a boil. Lower heat and simmer covered until beans are very soft. Add warm water if necessary. When cooked (about 2.5 hours) it should have the consistency of a thick bean soup. Pour in a large bowl. After it is cooled spread parsley leaves on and cover. Serve cold or at room temperature. 8 Servings.

Eggplant in Olive Oil (İmam Bayıldı)

2 large eggplants (3 lb.) peeled in strips and cut into 2" x 1" pieces
2 spanish onions (1¼ lb.) divided into 4 and sliced
12 cloves of garlic peeled and cut in half
½ green bell pepper sliced
1 lb. very ripe tomatoes cubed
2 tsp. salt
¼ tsp. sugar
½ bunch flat parsley, leaves only
10 tbsp. olive oil

Mix everything except eggplants and olive oil by hand or pressing by spoon. Starting with onion mixture, layer eggplants and onion mixture alternately in a large enough pot. Finish with onions. Pour olive oil over. Cook over low heat covered. About an hour. If vegetables gives off too much juice, they usually do, after they are cooked take them to a bowl. Reduce the juice by boiling gently and pour over vegetables. Serve cold or at room temperature. About 8 servings.

Feta Cheese Lasagna

1 box Lasagna Noodles cooked

½ lb. butter or margarine

For filling:

1 lb. feta Cheese

½ bunch dill or flat parsley leaves

½ tsp. black pepper or more to taste

2 Large or 3 medium eggs

For sauce:

9 tbsp. butter

9 tbsp. flour

3 cups whole milk

4 medium eggs

½ tsp. salt

¼ tsp. black pepper

3 tbsp. grated parmesan cheese (optional)

Filling: Slice feta cheese and soak in cold water for 1 hour to take the salt out. Then crumble with a fork. Mix with chopped parsley leaves and black pepper. Add 3 eggs and stir well.

Sauce: Melt butter with flour, stirring with a wooden spoon. When bubble starts add warm milk while stirring. Careful not to have lumps! On a low heat simmer to make a thick sauce. Add salt and black pepper. Add eggs one by one, stir well after each egg. Add parmesan cheese, stir well.

Putting together: Grease an oven pan (10" by 14" about) with butter. Put one layer of cooked lasagna. Sprinkle 2 tsp. of melted butter. Pour ½ tbsp. of sauce on 6 or 7 places. Repeat this until you use half of lasagna noodles. Spread the filling evenly. Finish with the rest of the lasagna the same way. Cover the top with the remaining sauce. Decorate with

slices of orange colored cheese (optional). Bake at 350 degrees F. for an hour or little more until the cheese melts and sauce becomes light brown. Let stay about 15 minutes and serve warm. 8-10 servings.

Fresh Peas in Olive Oil

2½ lb. peas in shells

10-12 green onions

10 Stems Dill

½ tsp. salt

¼ tsp. sugar

5 tbsp. olive oil

Shell peas. Clean green onions and cut in 1" lengths including tender green parts. Cut dill in 1" lengths including tender stems. Put everything in a pot. Save a handful of dill leaves. Put enough water, to cover about 1" over peas. Cook covered over medium heat until peas are soft. There should be enough water left so the peas won't dry out. When done, add the dill leaves you saved, stir gently and pour into a bowl and cover. Serve cold or at room temperature. 6 to 8 servings

Leeks in Olive Oil

2½ lb. leeks (choose tender ones about less than 1" thick)
1 lb. onions (small ones)
1½ tbsp. rice (plump kind if possible)
½ large tomato
1 medium carrot
6 tbsp. olive oil
¾ tsp. salt
¼ tsp. sugar
1 cup water

Clean and cut leeks about 2" in lengths including tender green parts. Put them in cool water. Peel and cut onions in four. Peel and slice carrot ½" thick. Cube tomato. Wash leeks several times. Heat Olive oil in a pot. Add cubed tomatoes and cook few minutes until tomatoes give color to oil. Add leeks, carrots, onions, salt, sugar and water, stir once, cover and cook over medium to low heat until leeks are almost cooked. Then sprinkle rice over and continue to cook until rice is soft. Turn off heat. Let cool a little and pour in bowl. Serve at room temperature. 8 Servings.

Pea Pods in Olive Oil

1 lb. pea pods (tender)
12 green onions
12 stems dill
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. sugar (a pinch)
5 tbsp. olive oil
 $\frac{3}{4}$ cup water

Wash pea pods. Snap both ends and pull the side strings. Clean onions leaving tender green parts on and cut into 1" pieces. Wash and cut dill in 1" lengths including half of the stems. Save $\frac{1}{3}$ of the leaves. Put all the ingredients above in a pot and bring to boil. Cook over medium to low heat about 45 minutes until pea pods are tender. Turn off heat. Stir in the dill leaves you saved and pour into bowl. Optional: You can add $\frac{1}{2}$ lb. frozen petit peas (thawed) near the end of cooking. Serve at room temperature. 6-8 servings

Fava Beans With Fried Onions

1 lb. dry fava beans (without the inner shell, yellow in color).

3 tbsp. olive oil

$\frac{3}{4}$ tsp. Salt

1 tsp. sugar

12 stems dill

1 small and 2 very large onions

6 tbsp. olive oil

Wash and soak fava beans in cold water overnight at least. Change water and boil fava beans. Water should be at least 2" above the beans. When water starts to boil, take away the forming foam with a spoon. Then add 1 small onion cut up in large pieces, dill stems cut in 1" lengths (save all the leaves), 3 tbsp. olive oil, salt and sugar. Cook until very, very soft about 3 hours over low heat. Add hot water if necessary. Let cool a little and put everything through a wire sieve or food processor. It should be like a creamed soup. Turn it back into the pot. Add chopped dill leaves and boil for 2 minutes stirring. Pour into a shallow pyrex or similar plate not more than 1½" deep. Let cool for several hours. The day you will serve: Cube fine 2 large onions and fry them in 5 tbsp. of olive oil until they are amber color. Spread over fava. (fried onions lose crispness and color if stayed in the fridge over night.) Serve cold 6-8 servings

Easy way: Instead of dry fava beans you can use frozen baby lima beans. Then you don't have to soak. Start with the cooking.

Zucchini Pancakes (Mücver)

2½ cups chopped and squeezed zucchini

½ lb. feta cheese chopped

1 cup dill and parsley leaves chopped

½ cup flour

5 eggs, large

½ tsp. black pepper

1 cup vegetable oil to fry. sunflower oil is best.

Optional:

3 Green onions and half Red bell pepper chopped

Grating zucchini and feta cheese is easier. Mix everything except eggs thoroughly with a wooden spoon. Add eggs and stir well. Don't beat. Heat oil in a frying pan. Put heaping table spoonfuls of mixture in hot oil and flatten to ½" thickness. Fry 4 or 5 at a time. When one side is golden brown turn to fry the other side. Drain excess oil on paper towel. Arrange on a flat serving plate. Serve with garlic yogurt or red onions and lettuce.(optional) Serve warm or cool.

If feta cheese is salty, soak in cold water for one hour.

Baked Macaroni with Feta cheese

1 lb. macaroni (penne lisce-mostaccioli no.42)
2/3 lb. feta cheese coarsely chopped with fork
2 oz. butter to grease the oven pan, 10" by 14".
6 eggs, large
1 cup half and half
1 cup milk
1/4 tsp. black pepper
1/2 cup dill leaves (optional)
5 slices of cheddar or american cheese, orange colored

Cook macaroni according to the package instruction. Drain and mix with feta cheese, black pepper and dill leaves. Spread the mixture into a well greased shallow oven pan. Press with spatula or spoon to make even surface. Beat eggs slightly with a pinch of salt. Add half and half, and milk and mix well. Pour over macaroni. Decorate with orange colored cheese. Eggs half and half and milk mixture should almost cover the macaroni. If not add more milk. Bake in 350 F. oven for 50 minutes or until milk egg mixture is set and the top is golden brown with cheese slices melted well. Let rest 15 minutes before serving. 6-8 servings.

Feta Cheese Stuffed Eggplants (Patlıcan Böreği)

For stuffing:

- ¾ lb. feta cheese crumbled with a fork
- 5 stems flat parsley leaves chopped
- ½ tsp. black pepper
- 1 egg, large
- 1½ lb. eggplant, one large

For coating:

- 4 eggs, large
- 5 tbsp. flour
- 1 cup oil (sunflower or canola) for frying

Mix feta cheese, parsley leaves, black pepper and egg to make the stuffing. Beat eggs and flour lightly to make the coating batter. Cut eggplant in circles or diagonals to ½" (½ cm.) thick slices with every two slices joined at one side. Stuff eggplants with cheese mixture and press two slices with your palms to make the cheese stick to the eggplant. When all the eggplant slices are stuffed, heat one cup oil in a frying pan. Dip eggplants in the batter, coat well. Fry 3-4 at a time until both sides are golden brown. Take to a plate lined with couple of layers of paper towel to drain excess oil.

Serve warm or at room temperature. 3-4 servings

Rice Stuffing with Shredded Cabbage

2 cups rice (plump kind)
1½ lb. onions cubed small (two medium to large)
½ lb. tomatoes cubed (1 medium.)
⅔ cup olive oil
3 tbsp. pine nuts
3 tbsp. black currants
1 tbsp. salt
½ tsp. sugar
2 tbsp. dry mint
3 cups water
1½ lb. cabbage (about half of a small one)

Put olive oil, onions, pine nuts and salt in a large pot and fry until pine nuts turn light pink on a medium to low heat. About 20 minutes. Add rice and continue to frying 4-5 minutes, stirring. Add tomatoes and continue frying 4-5 minutes more, stirring. Add currants, mint, sugar and 1 cup water. Stir once. Bring to a gentle boil, cover and cook until water is absorbed. Turn off heat. Let stand covered about 30 minutes. Up to here is regular rice stuffing for grape leaves, bell peppers and eggplants. Cook cabbage 10 minutes in a lightly salted water, rinse and squeeze the water out. Cut in ½" strips. Mix with rice. Add remaining 2 cups of water. Stir once, cover and cook over medium to low heat until water is absorbed. Let cool covered. Serve at room temperature. 8 servings.

Turkish Peasant Soup (Ezo Gelin)

6 tbsp. red lentils
2 tbsp. cracked wheat (bulgur)
2 tbsp. rice (plump kind)
 $\frac{3}{4}$ lb. onion (one medium to large)
 $\frac{3}{4}$ lb. tomato
1½ tbsp. dry mint
salt and red pepper to taste
3 tbsp. butter

Pick and wash red lentils. Put red lentils, Cracked wheat and rice in a pot. Cover with water at least 4" above them. Gently boil covered until red lentils melt. About 2 hours. Add hot water if needed. It should be like almost a creamed soup. In the mean time, grate onion and tomato. Melt butter and fry onions and tomatoes on a medium heat until onions are very light brown and well mixed with tomatoes. Add salt and red pepper. When the soup is cooked, add onion mixture, stir well and continue cooking another 30 minutes on a low heat covered. Stir occasionally. Turn off the heat. Mix dry mint. Stir well and serve. 6-8 servings.

Cracked wheat meatballs (Harput köftesi)

1½ lb. ground beef (85% lean)
½ lb. onion grated (1 medium)
⅔ cup cracked wheat (smallest size)
1½ tbsp. margarine or butter
½ lb. tomatoes cubed
½ tbsp. salt
½ tsp. salt
¼ tsp. plus a pinch red pepper
4 cups water

Mix ground beef, onions, cracked wheat, ½ tbsp. salt and a pinch of red pepper well by hand. Shape into flat balls 1½" in diameter and ½" thick. Yields about 62 balls. Melt margarine in a pot add cubed tomatoes, ½ tsp. salt and ¼ tsp. red pepper. Fry on low heat 5-6 minutes. Add 4 cups of water. Bring to boil. Add cracked wheat meat balls. Cook covered about 35-40 minutes on low heat. Serve hot. 8-10 servings.

Carrots in Olive Oil

1½ lb. carrots
½ onion (one medium)
5 tbsp. olive oil
⅔ tsp. salt
3 tbsp. rice
5 stems of flat parsley, only leaves chopped coarsely

Peel and cut onion into four, then slice thin. Fry onions in olive oil 4-5 minutes on low heat until onions are soft. Add salt. Peel and slice carrots ¼" thick. Add to onions. Fry for 4 minutes more. Add 1½ cups of water. Bring to boil, cover and cook on low heat about 30 minutes. Then sprinkle rice on carrots. Cover and continue to cook until rice is cooked. Turn off heat and let cool, covered. Add chopped parsley leaves to the cold dish, mix gently and turn to a shallow dish. Keep covered. Serve at room temperature with garlic yogurt. 4-5 servings.

To make garlic yogurt mix 4-5 crushed garlic cloves with 1 lb. of yogurt.

Garlic yogurt is a must!

Measures

Conversion of United States measures to Metric units

1 gallon = 4 quarts = 3.79 liter
1 quart = 2 pints = 0.95 liter
1 pint = 2 cups = 16 fl oz = 450 ml
1 cup = 8 fl oz = 225 ml

1 tbsp. (tablespoon) = $\frac{1}{2}$ oz = 16 ml

1 tsp. (teaspoon) = $\frac{1}{3}$ tbsp. (tablespoon) = 5 ml

1 oz. (ounce) = 28.4 g

1 lb. (pound) = 454 g